

Astro News

Story time ...



Photo by Airman 1st Class Chris McGivney

Doris Walker, a child development center program assistant, reads to Miguel Howard, son of Sha-Juana Hutton, a base commissary supply technician. The CDC was selected as one of three Air Force Materiel Command installations to be a test model for the Marazon system Feb. 5. See related story on page 4.

\$125 million awarded for Space Based Laser

The Ballistic Missile Defense Organization and U.S. Air Force announced the award of a contract for \$125 million Feb. 9 for the Space Based Laser Integrated Flight Experiment.

The SBL IFX program is executed by the Space and Missile Systems Center here for the Ballistic Missile Defense Organization.

The industry teams receiving the award are The Boeing Company, Canoga Park, Calif.; Lockheed Martin Missiles and Space, Sunnyvale, Calif.; and TRW, Inc., Redondo Beach, Calif.

The award constitutes the first increment of a cost-plus award fee contract valued at an estimated \$3 billion at completion.

The first increment initiates tasks to be conducted in the first 18 to 24 months of the effort, including baselining the required development activities and conducting an affordability

and architecture study.

The program is jointly funded by the U.S. Air Force and the Ballistic Missile Defense Organization. The program's objective is a conducting and researching effort to advance and assess the feasibility of the space based laser concept and its technologies. The program will culminate in an SBL ballistic missile defense demonstration in space and an assessment of non-ballistic missile defense mission utility.

If the SBL IFX effort proves successful, the Department of Defense will assess the cost and utility of an operational system and related threat predictions.

This assessment will form the basis for a recommendation whether to develop, produce and deploy the operational space based laser satellites. (Courtesy Secretary of the Air Force Public Affairs)

ARGOS research satellite launches aboard Delta II rocket

Ronea Alger
Public Affairs Office

The Space and Missile Systems Center's largest and most capable research and development satellite, Advanced Research and Global Observation Satellite, lifted off from Vandenberg Air Force Base, Calif., on a Delta II rocket at 2:29 a.m., Tuesday.

The \$217 million P-91 ARGOS mission, managed by SMC's Test and Evaluation Directorate's Space Test Program office located at Kirtland AFB, N. M., carried nine primary payloads containing more than 30 sub-experimental objectives. The satellite will collect data on the Earth's upper atmosphere for use in military and environmental programs and will test advanced space technologies, some intended for use on the International Space Station.

"The experiments that will be conducted will increase our understanding of the space environment and will lead to improved use of space for military, civic and scientific purposes," said Brig. Gen. Michael A. Hamel, SMC's vice commander.

On board ARGOS are high temperature superconductivity experiments that provide important demonstrations

for one of the nation's top 10 critical technologies. ARGOS also provides the opportunity to fly three ultraviolet imaging experiments and an X-ray sensor on the same platform. Working simultaneously, results from these four experiments will be correlated to create a three-dimensional picture of weather in the ionosphere for the first time.

"It's going to help us with space weather forecasting and also help us with better predictions of orbital debris and radiation analysis for our spacecraft," said Col. Tom Mead, director of the Space and Test Program Office.

The remaining experiments investigate electric propulsion, gas innovation physics, plume detection capabilities and orbital debris analysis of a highly-populated low-earth orbit.

The ARGOS satellite was launched from a two-stage Delta II rocket. The Delta II expendable medium-launch vehicle is managed by the Launch Programs office at here. The Delta II normally uses three stages to launch Global Positioning Satellites at Cape Canaveral, Fla. This ARGOS mission is the first government launch of the 12-story Delta II from Vandenberg AFB; although, Boeing has launched a series of Iridium satellites on commercial Delta II's over the last 18 months.

"The Delta II launch team has worked very long and

hard to guarantee a successful ARGOS mission, fighting delays brought on by high winds, debris restrictions, and a myriad of other typical launch count problems," said Col. Jeff Norton, director, Air Force Launch Programs and mission director for the ARGOS launch. "Given this was our 11th launch count, we broke the previous Delta II launch attempt record of seven set this same time last year. We are very proud to be a part of this historic mission and it clearly demonstrates the tenacity, steadfastness, and professionalism of our team, including SMC, 21st, 30th and 50th Space Wings, NASA, Aerospace and Boeing."

Also aboard the launch vehicle were Denmark's and South Africa's first research satellites sponsored by NASA. The Danish satellite, Orsted, will study the Earth's magnetic fields and electrical properties. The information is expected to help scientists understand more about the interaction between the Earth and the sun. The South African satellite, SUNSAT, was designed and built at the University of Stellenbosch, near Cape Town. It carries remote-sensing experiments to produce images from space at lower costs than larger systems.

The Delta II team dedicated this mission in remembrance of the Delta II secretary Ruth Ferrier. She passed away Jan. 6.

We'll all be leaders one time or another

Col. Dieter Barnes
61st Air Base Group commander

The last time I had an opportunity to talk with you, I spoke about TCC — Think, Communicate and Cooperate. Those who have been around me know that I truly believe in TCC. But there's another subject that I feel a passion for — leadership.

All of us during our Air Force career will be called upon to be leaders. You may find yourself thrust into a leader's role when you least expect it, during an exercise, natural disaster or during your next assignment. During these times you must stand up, do the right thing and be responsible. Don't worry if someone disagrees with your decisions. It is often unavoidable.

Leadership is not determined by the person's age or rank. You do not auto-

matically become a leader when you reach your 21st, 30th or 65th birthday. For instance, there are many airmen in the air base group who are leaders within their own peer group. Anyone who was at our SMC Annual Awards dinner knows full well the talent and leadership inherent in our younger members.

Leadership is not easily acquired. I have discovered in my many years in the Air Force, the best leaders are also good followers. Furthermore, one element truly outstanding leaders have in common is that they are mentors to their people and they teach their staff to think for themselves . . . empowerment.

It is important to take the time to review and renew our leadership skills. You can never tell when you will be tested, personally, professionally or even on a volunteer project. I

recently rediscovered retired Gen. Colin Powell's Rules for Leading, which I believe are essential for being a successful leader.

General Powell frequently referred to these guidelines throughout a career, which culminated in his serving as National Security Advisor and Chairman of the Joint Chiefs of Staff. The following leadership points are taken from "*Colin Powell: Soldier/Statesman, Statesman/Soldier*" by Howard Means, and are well worth pondering:

- It ain't as bad as you think. It will look better in the morning.
- Get mad, then get over it.
- Avoid having your ego so close to your position that, when your position falls, your ego goes with it.
- It can be done.
- Be careful what you choose.

You may get it.

- Don't let adverse facts stand in the way of a good decision.
- You can't make someone else's choices. You shouldn't let someone else make yours.
- Check small things.
- Share credit.
- Remain calm. Be kind.
- Have a vision. Be demanding.
- Don't take counsel of your fears or naysayers.
- Perpetual optimism is a force multiplier.
- The final observation is that command or leadership is lonely.

In summation, I think one of our country's great leaders said it best. "The buck stops here," said President Harry S. Truman.

Being in-charge means having to make the tough decisions. Don't shrink from this responsibility. It is the essence of leadership.

Action Line 363-2255

The Action Line is your direct link to **Col. Dieter Barnes**, 61st Air Base Group commander.

The Action Line's purpose is to make Los Angeles Air Force base a better place to work, live and play. Of course the fastest way to resolve any problem is to ask the person who can actually fix it.

Below is a list of people who can do just that:

Base Exchange	David Clore	640-0129
Base IG	Lt. Col. Stephen Marchitelli	363-0802
Chaplain	Lt. Col. Michael J. DiRenzo	363-1956
Civil Engineering	Maj. Angela Alexander	363-0287

Commissary	Al Cherry	363-6140
Communications Sqd.	Lt. Col. Mark Hall	363-0798
Equal Employment Opportunity Program Office		
	Leonard Gonzales	363-1565
Family Support Center	Tom Sanders	363-5365
Fraud, Waste and Abuse Hotline		363-2020
Housing	Tech. Sgt. Belinda Hines	363-8340
Logistics	Capt. George T. Unsinger	363-0351
Medical	Lt. Col. Mark P. Wisniewski	363-5005
Mission Support	Maj. Doug A. Stiegleiter	363-1230
Security Forces	Maj. Larry D. Bartlett	363-0032
Services	Gary L. Van Dusen	363-0430

Social Actions	Capt. Lisa D. Day	363-2806
TRICARE		363-0261
24-hour Crime Stop		363-2124

Try the system first. Work with your supervisor, first sergeant or commander — they are there to help. If you are not satisfied with the response or are unable to resolve a problem, call the Action Line. Your call will be recorded and if you leave your name and phone number, you will receive an answer.

Action lines that have a broad interest to the Los Angeles AFB community will be published in the Astro News.

Question

While shopping at the base exchange, I found it difficult to get into the building past all the vendors in front of the entrance way. The vendors' items are everywhere. Not only are the stalls on both sides, the tables are down the middle and items are on the ground, along with all the activity.

I'm questioning the safety of this maze in and out of the building. Can a better arrangement be made to create a clearer access?

Answer

Thank you for bringing this to our attention. The

base exchange management has been working closely with base safety to ensure that the vendors comply with safety codes. We will continue to monitor the area and keep a clear path in and out of the store. You should already see a change by the time you read this response.

Problem

I live next door to the construction site of the White Point housing area. I would like to make a complaint about the workers bulldozing the area on the weekends. I am surprised the Air Force allows the construction company to work on weekends and allows

them to leave all their garbage everywhere along the fence line; which eventually ends up in my yard.

Solution

Thank you for bringing this matter to our attention. We will immediately stress site housekeeping to our construction contractor and ensure the trash is removed. As for allowing the contractor to work weekends, we do so reluctantly. We try to limit weekend activities, but the recent inclement weather forced us to do additional work on the weekends to keep the project on schedule. We apologize for any inconvenience.

Astro News

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OR
Call 363-1221 for more
information.

Earn trust through commitment to integrity

Lt. Col. Joe Carretto
Launch Program Office

We bear a heavy burden. People in our country trust us to defend their lives, their way of living and their futures. They do not trust us because of our technological prowess or weaponry; they trust us with the technological prowess and weaponry because they trust us, our basic values and beliefs. But trust is not given lightly; it must be earned, and re-earned, every day. Earning it is both remarkably simple and incredibly difficult. We earn trust through our commitment to integrity ... integrity in all we do.

Integrity itself is a simple concept. Everyone demonstrates it at one time or another. It's that little word "all" that makes the concept of "integrity in all we do" so difficult to live by. Integrity is not a nine-to-five concept. It is something we live by, and live with, 24 hours each day, in battles or briefings, in the cockpit or the conference room. Integrity must be the guiding principle behind every action we take, big or small. It must be so fundamental to our character that it will never be doubted, for doubt breeds mistrust, and mistrust in, or within the military, can be fatal. Compromise of integrity, on any level, is intolerable, for there is no "slippery slope" to the demise of integrity. It is a sheer cliff. If co-workers, subordinates or supervisors know you compromise integrity, even on "small" things, you destroy their trust. Yet every day, in a hundred "small" ways, people risk the compromise. Most do it without malice or intent; in fact, they often believe, or convince themselves, they are doing it for good reasons. Nevertheless, it's a compromise, and

that first step down the "slope" could easily be the last. Consider some typical situations we face every day.

Compromise is as easy as walking to your car during retreat, rather than stopping to render honors to the flag; it's as simple as telling people what they want to hear, rather than what they need to hear. Compromise is having subordinates write their own performance reports and award nominations, rather than provide inputs. Compromise is "pencil-whipping" feedback sessions, or changing supervisors and reporting dates to obviate performance reports or prevent distasteful metrics on a tracking chart. It's altering a document after it's been signed, without re-coordinating it. Compromise is easy and often safe. Most of the time it's an excuse to get things done expediently, and it comes with a good dose of rationalization. "I'm training my subordinates to write OPRs" or "I don't have time for this — my time is too valuable." But if you're too valuable to maintain your integrity, it's only because we pay you too much — we should fire you instead. If we need to buy your integrity, we can't afford to keep you, for integrity is priceless.

Integrity is hard work and demands all the effort, vigilance and dedication we can give, not what we can spare. Integrity also has great risks, for it can jeopardize our ability to get desirable things done. Integrity demands supervisors to use honest duty titles and mission impact statements, even when it hurts the chance our best subordinates will get promoted. It demands honest civilian appraisals, even if it means a time-consuming grievance will be filed. Integrity means applying discipline and standards fairly, regardless of rank or position, even on "favored" and productive subordi-

nates and friends. And integrity, especially in the military, means being honest about what you can and can't accomplish and following through on your commitments. If you don't have resources to get a job done, stop asking "how high" when your boss asks you to jump. Integrity demands you tell the truth — even when it's not what the boss wants to hear and even if he may find someone else to jump in your place. Demonstrating integrity is taking the high road — and seizing the high ground is crucial to military success.

Integrity isn't easy, but it's an investment that pays huge dividends in the long run. There is no other way to instill trust and confidence in, and within, the military. Co-workers trust you to deliver what you promised, subordinates trust you to look out for careers while they concentrate on their tasks, supervisors trust you with the authority and responsibility to do your job and our countrymen trust us to protect them. That trust was painstakingly built from the collective integrity of the soldiers, sailors and airmen who served over the last 200 years. Now it is like a fine diamond: forged slowly under tremendous pressure, incredibly strong but frighteningly fragile — a single flaw can shatter it when stressed. We, and the people who honor us with their trust, can not afford that flaw.

I am proud of many things in my military career. I am proudest when people tell me I have integrity; it means I've earned their trust. It means I've continued and strengthened their confidence in the United States Air Force and fulfilled my obligation to the men and women who served before me. It is the ultimate dividend.

Yes, integrity is a heavy burden to bear — but it's worth the effort. Bear it with pride ... in all you do.

Plan fire escape routes

Jim Powderly
Fire Prevention Office

Fire and smoke are frightening, and the impulse to avoid these elements seems natural.

But everyone must be aware that it's vitally important to know and teach your family they must escape from a fire if one should occur in your home.

Smoke detectors are great ways to get a head start in escaping a fire. But does your family know how to use that valuable time to leave your home quickly and safely? What will your children do when they hear the alarm?

Unfortunately, many people make poor decisions when a fire breaks out, and often they are disoriented and frightened by smoke. These common reactions can be overcome, by planning and practicing a fire escape ahead of time.

The more you practice your escape plan, the more likely you and your family are to calmly react rather than reaction fear. An exit drill in the home, or E.D.I.T.H., is a way to ensure your family knows the proper way to escape a fire. An E.D.I.T.H. is broken down

into eight simple but necessary steps to escape. They are:

- Draw a floor plan of your home identifying primary and secondary exits and review it with your family.
 - Include all possible escape routes from each room.
 - Correct all blocked escape routes. In most cases, alternate escape routes are windows. Make sure they open.
 - Be sure each route on your list can really be used. Can children open the doors?
 - Get out and stay out. Once your family is at your predetermined meeting place, discourage anyone from going back in to retrieve possessions or pets.
 - Ensure all family members know how to report emergencies by dialing 911.
 - Teach emergency procedures to your children. Experience teaches that the more often they take part in home drills, the better prepared they will be in an emergency.
 - As circumstances change in your household, revise your escape plan.
- For more information or a free National Fire Protection Association handout call 363-8389.

Jewish holiday begins Monday

Chaplain (Lt. Col.) Alan Kalinsky
Chaplain Service Division Office

One of the most joyous occasions of the Jewish calendar is this Monday evening through Tuesday.

Purim or the Feast of Lots, is a celebration of Esther's role in saving the Jews from destruction in the 5th century B.C.

The holiday derives its name from the word "Pur" — meaning lots or lotteries. This refers to an element in the Book of Esther, in the Bible, when the villain of the story, Haman, has lots cast to determine the date on which the Jews of the Persian Empire are to be slaughtered.

That story summarized in Esther (3:8) tells how the Jews of the time are singled out to be destroyed because of their "differences." In reality, it's a diversion so that an aspiring tyrant, the viceroy Haman, can command

power. The Jews are saved by the heroism of Esther who has been chosen to be queen, during a beauty contest. Esther risks her life saving the Jews, and her cousin Mordechai, the leader of the Jewish community in Sushan, the capital of Persia.

Today, the celebration has taken various forms. Typically, it includes a reading of the Scroll of Esther accompanied by raucous noise-making to drown out the name of Haman whenever it is mentioned. The celebration also includes eating a triangle-shaped pastry called Hamantaschen, drinking wine, masquerading in a carnival atmosphere and distributing gifts to the poor.

A reading of selections of the Megillah, accompanied by a Hamentashen, bagels and lox luncheon, takes place at the Aerospace Corporation, Building A1, Room 1082, Wednesday at 11:30 a.m. For more information, contact Steve Lazar at 336-1938 or Marcia Weiskopf at 336-3114.

Child development center tests new program

Airman 1st Class Chris McGiveney
Public Affairs Office

The latest in child education and care has officially arrived at Los Angeles Air Force Base.

The base's child development centers were selected by Air Force Materiel Command as one of three bases to test the Marazon system for the Air Force.

The system is designed to teach children from infants to preschoolers on an individual basis as determined by where the child's interests lie.

The Marazon system will enhance our curriculum to meet the individual needs of all of our children, both mentally and physically, said Barbara Parish, the El Segundo's CDC director.

The program has been endorsed by Dr. Beverly Schmalzried, Department of Defense Chief Family Member Program's director of services, as the new system for the mental and physical development of children in the Air Force childcare programs.

While using the Marazon system, the staff watches what the children are playing with or doing, and then records that information to plan future events.

The assistants observe and record in six developmental skills, including: social, creative, language, physical, cognitive and affective (emotional) skills to help enhance the children's development.

The system has made a difference in increasing the children's attention span, motor skills and social skills, said Hye Chong Froschl, CDC training and curriculum specialist. The program is very helpful for their development.

The CDC staff learned how the new system worked and how their roles make a difference in the care provided to the children.

The staff at the CDC is great, said Sha-Juana M.



Photo by Airman 1st Class Chris McGiveney

Octavia Manuel, left, daughter of Yolanda Belvin plays with Hannah Griffin, daughter of JoEthel Griffin, chief of Air Force Audit Agency area audit office here during a play break at the CDC. Both children are part of the Marazon system, a child care system to enhance their physical and mental development.

Hutton, a base commissary supply technician and parent of a Miguel Howard Jr. who is enrolled in the base CDC. "My child learns a lot at the CDC, is kept safe, treated great and the staff there is always friendly and willing to answer my questions."

In addition to testing the system here, two CDC employees will attend the Marazon Train-the-Trainer seminar in Perrysburg, Ohio, July 20 through 29. Following their training, Hye Chong Froschl and Teri Kennedy will be able to train other Air Force child care center staffs on how to implement the new child

development system.

It will allow other bases to visit and see first-hand how the program works. Child care providers from other bases can also get hands on training here.

The system was developed by Dr. Renee Alda Marazon, chairperson of the Early Childhood Department at Lourdes College in Sylvania, Ohio. She has 25 years of experience as a teacher from preschool to college and also several years as a child development associate trainer and owner of her own child care center.

Volunteers, valentines and vets

**Airman 1st Class
Chris McGiveney**
Public Affairs Office

Spreading cheer and remembering those before them, more than 30 base personnel visited the West Los Angeles Veterans Affairs Medical Center Feb. 11.

The visit coincided with the National Salute to Hospitalized Veterans Week, and base volunteers passed out homemade Valentine's cards from local schools and gifts to the patients.

"It makes me feel better to make other people happy, especially those who have served my country," said Airman 1st Class Candace J. Weber, from the 61st Mission Support Squadron.

Volunteers participating in the annual event, held the week prior to Valentine's Day, made stops through the lobby and different wards of the

clinic to greet the veterans.

"It makes me feel good to see people coming here," said William Clark, a World War II Army veteran. "It almost brings tears to your eyes."

The volunteers went to cheer up the patients but also got a chance to listen and learn a little bit of America's history from veterans, who served in conflicts such as World War I, Vietnam and the Persian Gulf War.

"It makes you feel you are appreciated for all the stuff you did," said Clark, a Battle of the Bulge veteran.

The clinic cares for more than 800 veterans and provides physical medicine, rehabilitation services and mental health services to patients with muscular disability, prosthetic and sensory aids and other illnesses. In collaboration with the community, the clinic provides education, research, emergency preparedness and military medical assistance.

Free car maintenance available

John Ryan
Public Affairs Office

Beginning March 1, the Air Force Aid Society is sponsoring a free ongoing Car Care Because We Care Program at Los Angeles Air Force Base.

The purpose of this program is to keep the primary vehicle of active-duty Air Force members in top running condition by providing preventive vehicle maintenance.

A mechanic will be available at the Auto Skills Center, Tuesday through Thursday from 11 a.m. to 8 p.m. and Friday and Saturday from 11 a.m. to 6 p.m. to perform oil and filter changes, lubrication and various safety checks for eligible active-duty Air Force personnel.

When performing this routine maintenance, additional repairs or services may be identified by the mechanic as urgent safety issues. In these cases, families are encouraged to return to the family support center to discuss an interest-free loan from the Air Force Aid Society. The goal

is to identify and repair problems before they become serious and too costly.

The following people are eligible for this service:

Spouses of active-duty Air Force members deployed for more than 30 days. This also includes TDY assignments to schools 30 days or more in length. The service is limited to once per deployment and should be performed only on the primary family vehicle.

Spouses of active-duty Air Force members assigned to a remote tour of one year or more. The service member must be assigned to a remote tour with the family remaining stateside. Spouses must be actively participating in a base level Hearts Apart program. The service is limited to two times a year for the duration of the tour and should only be performed on the primary family vehicle.

First-term airmen. Member must receive financial counseling through the Personal Financial Management Program.

For more information, call Sheryl Kirby at 363-1121.

Community Action Information Board identifies, resolves quality-of-life issues

John Ryan
Public Affairs Office

A forum helping identify the needs and resolve issues affecting the recruiting, readiness and retention of Los Angeles Air Force Base personnel is available through the Community Action Information Board.

Chaired by Lt. Col. Terry Regan, 61st Air Base Group deputy commander, the

CAIB is a board comprised of more than 20 members from base support organizations. They meet once a quarter to address concerns ranging from work and family related issues to child care and housing problems.

"The CAIB promotes an interaction of ideas about the programs and policies which pertain to quality-of-life issues that are important to the men and women of Los Angeles Air Force Base," said Regan.

"The board makes recommendations to increase efficiency of programs, improve working, living and service facilities and increase the morale and welfare of our people."

Active duty military and their dependents, retirees and Department of Defense civilians are encouraged to submit their concerns to the CAIB in writing. Written comments may be dropped off at the family support center, or emailed to:

emma.terrell@losangeles.af.mil.

"The CAIB is a critically important forum at Los Angeles Air Force Base charged with stepping up to the challenge of ensuring we provide effective programs to maintain a stable and consistent support system for our people," said Regan.

The board is looking for input before its next meeting, which is Thursday at 1:30 p.m. in the family support center's conference room.

Club members receive new membership cards

RANDOLPH AFB, Texas — Air Force club members should have received new membership cards in the mail this month.

"Club membership card accounts for all branches of the service will now be handled by Bank One and its subsidiary, First USA, who will issue new cards to each member," said Frank Black, Air Force Clubs Division Chief at the Air Force Services Agency.

New platinum Air Force Club Membership Cards will replace the former gold cards and members will continue to receive the same benefits and services of the previous cards. Club accounts have a low annual percentage rate and members have the flexibility to make club card payments online, from anywhere in the world. First USA has military customer-

service advisers on duty 24 hours a day, seven days a week at (800) 759-0294.

In addition to receiving exclusive member programs and discounts, other Air Force club membership card benefits include: free automatic payment service, allowing members to automatically pay their bills each month; instant cash access at more than 350,000 Cirrus® Automated Teller Machines worldwide; \$1,000,000 travel accident insurance; auto rental collision coverage; purchase and warranty protection; and a free year-end summary of transactions.

For more information, about the new card or club membership, call Doug Balhorn at 363-0328. (*Courtesy of Air Force Print News*).

AFAF drive begins ...

Maj. Gen. Eugene L. Tattini, Space and Missile Systems Center commander, and SMC Command Chief Master Sgt. Don C. Cleveland make SMC's first Air Force Assistance Fund donation for the 1999 campaign to 2nd Lt. Daniel Shingledecker, AFAF installation project officer. The campaign began Thursday and ends March 31.



Photo by Teri Mathis

Leading L.A.

Tech. Sgt. Roger Castleman

is a 61st Security Forces Squadron investigator of cases that require in-depth, detailed actions or are of a sensitive nature. He is also responsible to account for and process evidence as well as found property, identify and process abandoned vehicles, ensure compliance with the Victim and Witness Assistance Program and review police blotters and associated daily paperwork for distribution. Castleman is currently finishing up his associate's degree in criminal justice and plans to pursue a bachelor's degree in the same major. He enjoys softball, football, swimming and spending time with his family. Future plans for this Killeen, Texas native include owning his own private business, completing his bachelor's degree before he retires from the Air Force and being financially set by age 50.



Castleman

March enlisted promotions

Joseph W. Laviguer to master sergeant; Patrick E. Britton, Ramona David, Thomas J. Morando, Terrance J. Smith and John L. Washington to technical sergeant; Tila M. Barrino, Jerry Jackson, Jacky J. McClain and Suzanne C. Rice to staff sergeant; and Michael B. Thomas to airman first class

March officer promotions

Jon P. Lee and Frank M. Gillespie to major; Paul T. Bray to captain; and Christian Elenbaum to first lieutenant

1998 public affairs award winners

The Space and Missile Systems Center Public Affairs Community Relations Office was named best in the Air Force for 1998.

The Public Affairs Office staff also won the following awards in the 1998 Air Force Materiel Command Media Contest: Best Internal Division in AFMC, Best Community Relations Division in AFMC, Best Commander Support, Best Commercial Newspaper in its class in AFMC, Best Planned Single Event for POW/MIA Day and the "SMC Today" staff won the Best Television News program, Best Television Feature program, Best Television Sports program and Best Television Information Program.

Also, the Public Affairs Office staff won second place: Large wing Public Affairs shop, Maj. Rich Williamson Outstanding Reserve PA Officer, Staff Sgt. Jeff Capenos for stand alone photo, Airman 1st Class Chris McGiveney for sports article and Aaron Renenger for Outstanding PA Intermediate Grade Civilian.

Honor Guard Elite

First Lt. Michele A. O'Brien

is a community relations officer from the Space and Missile Systems Center Public Affairs Office. She joined the base Honor Guard in March 1997. "I am honored to have the privilege, as an officer, to be part of the base Honor Guard," O'Brien said.



O'Brien

"I signed up for my second year commitment because I enjoy having the unique opportunity to make a difference for the families of deceased veterans." She volunteers for many off-duty details, including the SMC Annual Awards Dinner, the Air Force Association Military Ball and other weekend events in the community. O'Brien also takes the time to do additional funerals when Edwards Air Force Base, Calif., and March Air Reserve Base, Calif., need help from the Los Angeles Air Force Base team. She enjoys country-music concerts, camping and hiking. She is active in her church, is a Girl Scout troop leader and mentor at a local elementary school.

Walking to the beat of different drummer



Photo by John Bohon

Senior Airman Shaad Madison takes time out after work to practice his drumming.

John Ryan
Public Affairs Office

Drumming along and singing a song earned one 61st Communications Squadron's airman a chance to become a Tops in Blue performer.

Senior Airman Shaad Madison, a 61st CS photo lab photographer, competed against four other "top" drummers for the one spot available to be in Tops in Blue at the Air Force's 1999 Worldwide Talent Competition at Andrews Air Force Base Jan. 15 through 23.

Although Madison did not make Tops in Blue, he said he did enjoy the experience.

"The audition was quite an eye-opener and a real honor," Madison said.

The week-long tryout included various interviews given by Tops in Blue members and directors.

"They made us play different kinds of music from jazz to swing, samba, country and rock," Madison

said. "I felt confident about my audition. I knew how to play each style of music they wanted."

Madison auditioned using an instrumental song featuring the drums and the bass guitar called "YYZ" from the rock group Rush and was also asked to sing.

"I think my time singing karaoke at local restaurants really helped, too," Madison said jokingly.

Madison remembers being interested in the drums since he was six and listened to records by Kiss, the Beach Boys and Rod Stewart. At the age of 15, he started to read music and continued to play his drums in the family garage. Now, approximately 12 years later, he still spends time practicing and studying great drummers like Louie Bellson and Frank Briggs.

If he had been selected, he would've reported to Lackland Air Force Base, Texas April 1 and rehearsed for 50 days before hitting the road.

"It was a great learning experience," Madison said.

SMC Today

Got a good story? The staff of the video program, 'SMC Today', would love to hear about it. To submit story ideas for 'SMC Today', call Christina Whetsel at 363-0274.

Airmen move into renovated, historical dorms

**Airman 1st Class
Chris McGiveney**
Public Affairs Office

More than \$1.8 million in renovations are complete, making the historical Buildings 32 and 41 at Fort MacArthur meet Air Force standards for one-plus-one accommodations for enlisted dormitories.

A total of 23 rooms are now available for single airmen to occupy. There are 12 rooms in Building 32 and 11 rooms in Building 41.

“The main reason for the dormitory renovations was to meet the Air Force one-plus-one standard, while ensuring the buildings remained historically accurate,” said Maj. Angela R. Alexander, 61st Air Base Group Civil Engineering commander.

The renovations include new framing, electrical work, plumbing, heating, ventilation and air conditioning and seismic upgrades to enhance the quality of life for dormitory residents, airman first class and below.

“Improving the quality of life for Los Angeles Air Force Base personnel is very important to me as the base commander,” said Col. Dieter Barnes, 61st Air Base Group commander. “I think these renovations are one way to show that the leadership continues to provide a place airmen here can be proud of.”

The new rooms feature their own kitchen and bathroom shared between two people. The kitchens have a microwave, sink, garbage disposal, oven with four stovetops and a refrigerator. This allows residents to cook meals in their rooms instead of sharing a community kitchen.

“The dorms are real nice compared to my technical school,” said dorm resident Airman Bahira N. Hannibal from the 61st Mission Support Squadron. “It gives me some more privacy. It’s probably the best thing I am going to see in a while.”

Compared with Fort MacArthur’s rich, historical past, today’s new dorms allow airmen to live by significantly different standards.

In 1939, dorm residents with the Army’s 63rd Coast Artillery Regiment stationed here didn’t have their own rooms, they were open barracks.

“There were no walls separating anyone,” said H. Gaylan Cotton who was an Army private stationed at the 63rd Coast Artillery Regiment Battery C and Headquarters at Fort MacArthur from 1939 through 1940.

The barracks back then had hard-wood floors, foot lockers for uniforms and personal items. But everyone shared the same bathroom, Cotton said. The troops living there today, really have something to be proud of.



Photo courtesy of SMC History Office

In 1983, this is how single airmen saw Building 41.



Photo by Staff Sgt. Jeff Capenos

Although not quite complete in this photo, Building 41 has undergone a complete renovation including a new roof.

The Aerospace Corporation is hosting its 17th annual Space Power Workshop April 19 through 22 at the Hyatt Regency Hotel in Long Beach. Anyone interested in satellite power systems or how power systems affect the building and operation of spacecraft are welcome. Registration for the three-day conference is \$150 if received before March 30 and \$200 thereafter. To register, contact Jackie Amazaki, administration coordinator at 336-4073, or the Hyatt at (800) 233-1234 or visit the 1999 Space Power Workshop website at www.aero.org/conferences/power.

The family support center is hosting a sponsor’s training workshop March 4 in Building 219 Room, 1507 from 9 to 10 a.m. To register for the workshop, call the FSC at 363-1121.

The family support center is hosting a managing your move workshop March 11 in Building 219, Room 1507

from 8:30 to 11 a.m. Representatives from legal, family support, the clinic, housing, and traffic management office will be there to answer questions. Bring five copies of your orders for the military and travel pay briefing, if available. Call the FSC at 363-1121 to register.

The tax center provides free assistance in preparing and electronically filing taxes and is located in Building 120, Room 1236. Contacting your organization’s unit tax advisor, the retiree affairs office for retirees or by calling the legal office at 363-0916 or 363-2483 can provide tax assistance. Appointments at the center are scheduled from 9 to 11 a.m. Monday, Wednesday and Friday and from 1 to 3 p.m. Tuesday and Thursday in half-hour increments. Returns that need to be filed electronically can be done at the same time. Bring the prepared return, W-2s and a check from your bank to verify routing and account numbers for direct deposit of refunds.

Federal or any state tax forms are available in a file cabinet located in Building 120, next to the Area A mall.

The base health and wellness center survey is coming out next week to find out how the center can better serve the community. The surveys will be distributed on base and in housing areas. Surveys can be dropped off at the HAWC in Building 244 or mailed to:
61st Medical Squadron/SGPZ
2305 Mercury Avenue Suite 201
Los Angeles Air Force Base
El Segundo, California 90245-4661

The quality assurance evaluators for the custodial and refuse contracts have changed over to military QAE. All questions and complaints should be sent to the building manager, unless the complaint relates to military family housing. For more information, call Senior Airman James Hammond at 363-1945 or Senior Airman LaWaune Netter at 363-2271.

The base’s Education Outreach program is looking for volunteers to tutor fourth and fifth grade students in math and English at White Point and Point Fermin elementary schools once a week for a half an hour between 3 and 4:30 p.m. White Point tutors start March 1 and end May 27. Point Fermin tutors begin April 5 and end June 19. Individual schedules (temporary duty assignments) may be arranged with the students. For more information, call Staff Sgt. Denise Heim at 363-0025.

The 18th annual Aerospace Testing Seminar is March 16 through 18 at the Manhattan Beach Marriott. Cosponsored by The Aerospace Corporation and the Institute of Environmental Sciences and Technology, the seminar will feature more than 50 papers on space related testing challenges. Additional information and registration details can be found on the ATS home page at www.aero.org/conferences/ats.

Strategic steps to maintain well-balanced diet

Dr. Bert Mathieson
Registered Dietitian

Editor's Note: The following article is provided by the base's Health and Wellness Center and is part of a series on strategic eating.

The base Health and Wellness Center in Building 244 promotes good health by teaching people how to maintain a well-balanced diet by using a strategic eating plan.

A strategic eating plan can help people avoid disease.

The human body was made to consume a variety of foods. Restricting food choices lessens the chances of getting all the nutrients needed for good health. Some people may need to restrict food variety, due to allergies, but as a rule, the more variety the better. There are no complete foods that contain all 40 some odd essential nutrients, except for perhaps some high-tech canned formulas. That's why fad diets, such as high protein diets that cut out carbohydrate foods are not healthy.

Besides a variety of foods moderation also plays a big part in the strategic eating plan.

Through moderation and a variety of foods people can get the nutrients their body needs.

The nutrient needs of healthy individuals vary greatly based on factors such as body composition, age activity levels and the individual themselves. To account for these differences the Food and Nutrition Board of the National Research Council and National Academy of Sciences has established the Recommended Dietary Allowances. The RDA recommends the average amounts of nutrients that should be consumed daily over a period of time by healthy individuals to prevent deficiencies. The RDA are not meant to be understood as the recommended

nutrient levels for the prevention of chronic diseases like heart disease and cancer. Special nutrient needs arising from chronic or acute diseases, inherited metabolic disorders, infections and medication use, require special dietary intervention and should be discussed with a doctor and a registered dietitian.

Preventing nutrient deficiency can be done by a varied diet that is structured according to sensible plans such as the Food Guide Pyramid or the American Heart Association's Eating Plan for Healthy Americans and the U.S. Department of Agriculture Dietary Guide for Americans.

The following tips are from two USDA publications. The Dietary Guidelines for Americans and The Food Guide Pyramid.

To obtain a copy of these pamphlets you can write to the USDA at: USDA Human Nutrition Information Service 6505 Belcrest Road Hyattsville, Md. 20782 or ask the HAWC.

The USDA Dietary Guidelines for Americans consists of seven recommendations, of which eating a variety of foods and maintaining a healthy weight will be discussed. Other topics include choosing a diet low in fat, saturated fat and cholesterol; choose a diet with plenty of vegetables, fruits and grain products; use sugars only in moderation; use moderate amounts of salt and sodium; and drink alcoholic beverages in moderation.

Eat a variety of foods:

The system for healthy eating pictures a healthy diet as a pyramid. *The biggest part of your diet (represented by the base of the pyramid) should consist of bread, cereal, pasta, rice and*



Dr. Mathieson

other grains, which provide long lasting energy, vitamins, minerals and fiber.

Focus mostly on the whole grain foods in this section for the most health benefits, such as whole wheat products and brown rice. Somewhere between six to 11 servings of these types of foods is for most people.

The range accounts for individual differences in calorie needs. One serving of grain products consists of one slice of bread, half a small bagel, one tortilla, one ounce of ready to eat flaked cereal or half a cup cooked cereal.

Fruits and vegetables

Three to five servings of vegetables and two to four servings of fruit are recommended per day. Fruits are often good sources of Vitamins A and C and potassium, fiber and phytochemicals and are low in fat and sodium. Many fruits are also high in various phytochemicals that are just now being recognized as valuable compounds for disease prevention. A serving of fruit is one medium size whole fruit, one cup of berries, half a cup of canned fruit or 3/4 cup of fruit juice. A serving of vegetables is considered to be one cup of raw leafy vegetables, 1/2 cup of cooked vegetables or 3/4 cup of vegetable juice.

The next largest section consists of meat, poultry, fish, dry beans, eggs, nuts, milk, yogurt and cheese.

Choose somewhere between two to three servings of foods like meat, poultry, fish, dry beans, eggs and nuts. A serving consists of two to three ounces of cooked poultry, fish, or lean meat, 1/2 cup dried beans, one egg or two tablespoons of peanut butter. These foods are rich in iron, Vitamin B and protein. Remember that many meats and all nuts, are high in fat, so choose lean meats, poultry

without the skin and watch the portion size because of the high fat content foods like peanut butter and nuts.

Dairy products are good sources of protein, riboflavin, Vitamin D and calcium, so choose two to three servings of low-fat or non-fat items like non-fat milk, low-fat or non-fat cheese and non-fat yogurt. A serving is considered one cup (eight ounces) of milk or yogurt, 1/2 cup of cottage cheese or 1 1/2 ounces of cheese. As far as frozen dairy desserts go the non-fat frozen yogurts are still very high in calories because of its concentrated sources of sugar. Excessive intake of added sugars can increase blood triglycerides which is a risk factor for heart disease. Moderation, again, is the key here.

Fats, oils and sugars, added to foods, represent the smallest section of the pyramid.

There is no recommended number of servings specified for these types of foods. You probably get all the fat and sugar you need from the foods in the rest of the pyramid. Healthy choices from this food group include olive and canola oil and naturally occurring sugars in fruits and vegetables.

Maintain a healthy

weight: If you are too fat or too thin your chances of developing health problems are increased. Being too fat is linked with high blood pressure, heart disease, stroke, diabetes and some types of cancer. Being too thin is a less common problem. It occurs with anorexia nervosa and is linked to osteoporosis in women and a greater risk of early death in men and women. To determine a healthy weight a person needs to know how much of it's fat, where it's located and whether it may cause related medical problems. If you are concerned that you may be over fat get your percent body weight tested. The HAWC can help determine your body fat percentage.

Sports Shorts

Hot shot basketball tournament

A free Hot Shot basketball tournament will be at the fitness center March 24. Prizes will be awarded to the winners. The timed tournament consists of making baskets from different places on the court. The winners will be determined by points. Sign up at the fitness center by March 24 at 10 a.m. For more information, call the center at 363-6815.

How to prevent running injuries

Most runners get hurt.

It's partially due to the regimen, and often it is

serious enough to interfere with running.

Most problems can be attributed to overuse injuries: running too much, far, fast or too soon (after a previous injury), said Joe Ellis, DPM, author of Running Injury Free.

The key to getting back on the road is going about it slower, not faster, he said. Runners usually will try to test the injury too quickly. It's safer to take it easy instead.

Following a layoff, your body is simply not ready for the pounding it was used to. Ellis proposes a progression of walking, walking and jogging, slow

jogging, running and running for speed.

Walking, he says, is not something that most runners want to do, but it does not cause the ground-pounding trauma that running does. Walking gives the body's tissues time to resume their normal function while using most of the muscles used for running.

Ellis also recommends that cross training is a good idea for any runner. Cycling, swimming, skating and rowing are also good alternatives to running. (Courtesy of Penn State Sport Medicine Newsletter, May 1998).

The services accounting office is offering cash for coins Monday through Friday from 8 a.m. to 3:30 p.m. in Building 219, Room 1400. A five-percent service fee will be charged. For more information call Kathleen Thelen at 363-0305.

The Club 363-2230

The March member’s-only special is a hot pastrami sandwich for \$3.75

A St. Patrick’s Day luncheon is March 12 at The Club from 11 a.m. to 1:30 p.m. The cost is \$5.95 and is open to members only. The menu will feature corned beef and cabbage and other Irish specialties.

A St. Patrick’s Day party is March 12 in The Club’s sports lounge from 4 to 10 p.m. Free finger foods and beverage specials will be available to club members. There will also be special prize drawings.

The Club is offering two free months of membership and a free breakfast for new members until April 16. A special appreciation party will also be held April 16, where members can win a color television.

The Club is hosting a dance March 20 from 8 p.m. to 2 a.m. Admission is \$7 per person with a \$2 discount for members.

An Irish dinner is being served at The Club March 17 from 4 to 6 p.m. for club members and their families. The menu will be an Irish buffet (corn beef and cabbage and all the fixings) and special menu for the kids of hamburgers, hotdogs, chips and green Jell-o. The cost is \$5 per adult and kids 12 and under get in free.

Fresh pizzas can be ordered from The Club. Call to place orders between 8 a.m. and 2 p.m.

The Club sells tickets to local area attractions for discounted prices. Tickets are sold at the cashier’s cage weekdays from 10 a.m. to 1 p.m. and 2 to 5 p.m.

The Club can cater promotion parties, retirements, weddings and other celebrations. The Club can accommodate 25 to 200 guests. Call The Club for more information.

The Barber Shop in Area A is located in Building 120. It is open Monday through Friday from 7 a.m. to 2:30 p.m. Club cards are accepted for payment. For more information, call 363-1733.

If you did not get a new Club card this month call Doug Balhorn at 363-2230.

Vet Clinic 363-8269

The veterinarian is scheduled to be at the Fort MacArthur Veterinarian Clinic March 5 and 19 from 9 a.m. to 4 p.m. Call 363-8269 to schedule an appointment. Please leave a message on days the clinic is closed. State your name, phone number, animal name and species as well as what kind of appointment is needed. The clinic will call back with an appointment date and time.

The vet clinic is open every Tuesday from 11:30 a.m. to 2:30 p.m. for identification cardholders to purchase retail products and to schedule appointments for when the vet is available. Retail pet products are also available

Youth Services 363-8383

The teen center in Building 451 will host a Kids Connection Volleyball Night every Monday in March from 6:30 to 7:30 p.m. for kids 5 through 12. This is a free event to youth center members and \$3 for nonmembers.

The teen center will host a Teen Chatter Box March 10 from 6:30 to 7:30 p.m. about “Teens and the what’s happenings.” Col. Dieter Barnes, 61st Air Base Group com-

mander will present what is going on for teens on the base and will then open the discussion for a question and answer session. The event is open to all teens 13 through 18 and is free for members and \$3 for nonmembers. Punch and cookies will be served.

The teen center will host a Video Night tonight from 8 to 10 p.m. and is free to members and \$3 for nonmembers.

A Parent’s Night Out is at the youth center tonight from 7 to 10 p.m. This event is open to kids, 5 to 12. The cost is \$7 for members and \$10 for nonmembers. There will be a treasure hunt and panning for gold.

Registration for T-ball, coach-pitch ball and softball will be from March 1 through April 2. T-ball is for kids 4 through 5, coach-pitch ball is for kids ages 6 through 8 and softball is for ages kids ages 9 through 11 and girls ages 12 through 14. The cost for the season is \$23 for members and \$33 for nonmembers.

Registration for this year’s family talent show is from March 1 through 8. The show will be held at the community center April 23. For details, contact Ronnie Wade at the youth center.

Youth Services 363-8383

The youth center hosts a Kid’s Spring Fashion Show March 5 beginning at 6 p.m.

Plant seeds with the youth center members March 11 in honor of Johnny Appleseed Day. Members will take home their own little mini-garden.

A parent’s night out will be held at the youth center March 12 from 7 to 10 p.m. Dinner will be pigs in a blanket and Irish floats. This event is open to kids 5 through 12. Cost is \$7 for members and \$10 for nonmembers. There will be a dart tournament for prizes.

A family bingo night will be held at the community center March 19 from 7 to 9 p.m. The cost is 25 cents per card and there will be playing 10 different games for prizes. The snack bar will be open.

The next “Give Parents a Break” is March 20 from 1 to 6 p.m. at the youth center. The event is free for children of active duty military and civilians. Reservations should be made no later than March 18. Contact your commander, first shirt, family support center or chaplain for a form. All children must meet enrollment guidelines.

A trip for all youths, 9 through 18, to Knott’s Berry Farm is April 3. Sign ups for the trip are March 23 and 24. The bus leaves the youth center at 10 a.m. and returns

at 10 p.m. The cost of the trip is \$17 for members and \$20 for nonmembers.

The youth center is taking a trip to the movie theater March 26 and center at 6 p.m. and return after the movie. The cost is \$3 for members and \$6 for nonmembers and includes transportation only.

The youth center hosts “The LA Experience” camp March 29 to April 2 from 6:30 a.m. to 6 p.m. for identification holders from kindergarten to 12-years old. Field trips are planned to help the children learn about Los Angeles. Breakfast, lunch and an afternoon snack is provided. The cost is based on family income. Call the center for rates.

The youth center is looking for instructors to teach ballet, tap dancing, gymnastics and piano. For more information, please contact Rebecca Burns at 363-8383.

Child Development Center 363-8334/8335

A “Healthy Nutrition for Little People” parent workshop is March 2 from noon to 1 p.m. Dr. Bert Mathieson, the base’s registered dietician, will conduct the seminar.

The following seminars will be held from 12 to 1 p.m. in the base CDC’s staff lounge. Dr. Linda Radford, Developmental Psychologist, will conduct these seminars and is open to parents of infants or expecting parents: Feb.

26, What to expect: Your baby’s incredible development in the first year; March 5, Positive attachment: Creating the right foundation for lifelong growth and learning; and March 12, “But what do I do about...” Coping with common problems in the first year. For parents of toddlers: March 26, What can I expect: Growth and development in the toddler years; April 2, Coping with problems: Tantrums, separation anxiety, biting, “mine,” sleep problems and “no”; and April 9, Positive parenting: Character building and high self esteem and enjoying the toddler years.

A dentist will visit the Fort MacArthur Child Development Center March 12 at 10 a.m. Children will receive dental tips on how to brush and floss and will receive free toothbrushes and toothpaste.

The next Parent Advisory Board meeting is March 16 from 5 to 6 p.m. at the Fort MacArthur Child Development Center. All parents and prospective parents of children attending the center are invited.

The base CDC will take a free field trip to Borders Book Store March 27 from 10 to 11 a.m. The children and their parents are invited to attend. Children need a parental permission slip to go. Please fill these slips and let us know if you would like to attend to.

The base CDC will host an open house quilt display featuring the theme of “The Fabric of our Life” March 30.

Family Child Care 363-8334

The family member support flight has been selected to host the National Association of Family Child Care meeting March 5 to 6 at the Fort MacArthur Community Center from 8 a.m. to 5 p.m. For details concerning this training, contact Delores Lowe at 363-8334.

The Community Center 363-8225

The community center has a game night March 2 from 6:30 to 8:30 p.m. in the Harbor View Lounge. The night is free and open to all identification cardholders ages 18 and older and their guests.

A craft class will be held every second Wednesday in March. The next class will be making decorative candles in a jar March 10 from 7 to 9 p.m. The cost of the class is \$15. Supplies are additional and may be bought from the instructor or purchased on your own. The last day to sign up for the class is March 8. This event is open to all identification card holders and their guests.

A trip to “The Price Is Right” is March 17. The trip departs the community center at 8:30 a.m. and returns at 4:30 p.m. The sign-up deadline is March 15 and the costs \$5 per person. Remember to bring two forms of identification to be admitted to the show. To sign up or find out more call Shenethia Carter at 363-8225.

A hockey trip to see the Anaheim Ducks vs. Florida Panthers is March 21. The trip departs the community center at 4 p.m. and returns after the game. The cost is \$20 for adults and \$17 for kids and includes transportation and

ticket. Sign up deadline is March 17 and is open to all identification cardholders and their guests.

A trip to see the Los Angeles Lakers vs. the New York Knicks is March 28. The trip leaves the community center at 2:30 p.m. and returns after the game. The cost is \$26 per person and includes ticket and transportation. This trip is open to all identification cardholders and their guests. Sign up deadline is March 25.

The community center will host its annual Easter Brunch April 4 from 10 a.m. to 4 p.m. The cost is \$15.50 for adults and \$7.50 for children 5 through 12. Children under 5 get in free. Reservations must be made no later than March 26. The menu includes: a crepe bar, an omelet bar, prime rib, roast ham, salads, deserts, champagne, assorted breads and muffins and a whole lot more! Call the center to make your reservations.

A trip to The Museum of Tolerance is April 18 and only 20 tickets are available. The trip will depart the community center at 3:15 p.m. and return by 8 p.m. The cost is \$8 for adults, \$5 for students, \$6 for seniors and \$3 for children. Reservations need to be made by March 10.

The following is the community center’s Harbor View Room schedule of events: March 5, Dion hosts Karaoke night from 8 p.m. to midnight; March 12, DJ Strozier plays contemporary, oldies and hip hop music from 8 p.m. to midnight; March 19, Karaoke by Jerky Steve from 8 p.m. to midnight; and March 26, DJ and Karaoke with Dion from 8 p.m. to midnight.

Equipment Rental 363-2190

Miscellaneous equipment fees cost per day: Camping trailer (2 day minimum), \$35; Pop-up trailer (2 day minimum), \$20; 6-foot barbecue, \$10; Santa Maria barbecue trailer, \$25; Easy striker trailer, \$15; dunk tank, \$25; cotton candy machine, \$35; and jolly jumper house, \$50. A ski rental package including skis, boots and poles is \$8. Deposits may be required on some rental equipment

The equipment rental office has a trade bulletin board. Buy, sell or trade something by posting on the board located in Building 220.

Tickets & Information 363-2190

San Diego Zoo tickets are available for \$17.70 per adult and \$10.10 per child. The zoo features animals from all over the world in natural habitats.

The Tickets and Information office has vouchers for lift tickets and skiing lessons for several ski and snowboard areas in California and Nevada. For more information call the resort directly or tickets and information.

Auto Skills Center 363-1705

The March monthly special is the second hour of the lifting stall time is free with the rental of the first hour.

The Auto Skills shop new hours are Tuesday and Wednesday from 11 a.m. to 8 p.m.; and Friday and Saturday from 11 a.m. to 6 p.m.